

BENT RIM BUGLE

Vol. 9 No. 1 - 1995

A Publication of the Michigan Mountain Biking Association



The Art & Science of Mountain Biking

The Cover is the Art - Here is the science-Get educated or lose your trails...

Northern Chapter of the Michigan Mountain Biking Association at work on the North Country Trail - 22 volunteers and a U.S. Forest Service Representative-put in water bars, cleared down-fall from the trails and stabilized sanding sections of the trail near Eddington Creek. Organization of trail maintenance, photos and information provided by Doug Nelson and Jerry Nilsson of the Northern Chapter of the MMBA.



The Future of the North Country Trail Is????

Request For Input From The National Forest System:

In 1980, the North Country Scenic Trails Act was passed which approved construction of a National Hiking Trail from North Dakota to New York. The North Country National Scenic Trail (NCT) created under this act will eventually span approximately 3,200 miles of federal, state, county and other public and private lands. The National Park Service is the agency responsible for providing overall management direction of the North Country Trail. In 1982, the Park Service developed a comprehensive plan for management and use of the NCT. This plan provides general direction for development, use and certification of segments of the trail. **Local land management agencies retain the right to regulate activities on their segments.**

The Forest service presently manages approximately 96 miles of NCT across the Huron-Manistee National Forests. Management direction for the North Country Trail is specified in Amendment #16 of the Huron-Manistee National Forests Plan. These Standards and guidelines for trail management were developed as part of the Settlement Agreement for the Forests' Plan. The trail has become increasingly popular, especially among mountain bikers and horseback riders. Resource managers are concerned over reports of adverse resource impact associated with these uses and the growing controversy of whether certain recreational activities should occur on this trail. In addition, the Forest Service is aware that there may be other emerging issues pertaining to Forest Service management activities on certain sections of trail.

The Forest Service has decided to consider revision of management direction in the Huron-Manistee National Forests' Plan Amendment No. 16 to address the increasing controversy over differing recreational uses of portions of the North country National Scenic Trail through the Huron-Manistee National Forests. A copy of this amendment is available upon request.

We need your help. The Forest Service is seeking your input on whether the direction in the Forests' Plan should be amended and, if so, how? Please let us know of issues you feel we should address and any concerns or comments you may have. Please have all comments to me by July 15, 1995. For further information, please contact me at 616-723-2211.

Sincerely, John Hojnowski
Interdisciplinary Team Leader

"Resource managers are concerned over reports of adverse resource impact associated with these uses and the growing controversy of whether certain recreational activities should occur on this trail. In addition, the Forest Service is aware that there may be other emerging issues pertaining to Forest Service management activities of the section of trail."

Please have all comments to:

John Hojnowski
Interdisciplinary Team Leader
Manistee National Forest Ranger District
1658 Manistee Highway
Manistee, MI 49660,
by July 15, 1995.
For further information contact:
616-723-2211.



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Music Provided By

Bad Plaid - Reunion CD (look for it soon!)

J.D. (Yes, J.D. before he decided to drive with his head under the dash) - Listen to "Trail Of Tears" then go for a ride...Also, Red Thunder-Prayer Song

Material Provided By

"Our Mother Earth"

Use them wisely and recycle.

This magazine is printed on recycled paper.

M-DNR- Trails Update...

Interview with Mr. Gerald Thiede of DNR State Forest System

Mr. Thiede, Could you share some of your observations of the State Forest System and mountain biking at this time?

Mr. Thiede: I feel pretty strongly that mountain biking is a legitimate use that can occur in our state forests, there are plenty of places that it can occur and it is compatible with other uses, it's not a very noisy activity and that sort of thing. So, again, my view is that we can build mountain biking opportunities into the state forest system.

Would that be a position that you're advocating for something like the VASA Trail near Traverse City?

Mr. Thiede: I've talked with George Lombard (VASA trail designer) and others and on the VASA trail and it seems that there will be an opportunity for mountain biking there. Right now there is communication between the area and the district to make sure we address any concerns if there are any. So, in the short-term time and effort of the DNR will be given to that area.

Mr. Thiede: Yes, they will be spending time and effort on it.

How much state forest land is there?

Mr. Thiede: About 3.9 million acres.
Is mountain biking permitted in our state

forests right now and, if so, what guidelines should mountain bikers use as they use this recreational resource?

Mr. Thiede: That one is not an easy one to answer. But generally speaking, the state forest system is open to mountain biking and we've got a lot of miles of two-track roads and other kinds of trails that are available to mountain bikers. We have some that are limited access and some that might compete with other users and we'd like mountain bike users to minimize impact with other users such as on trails like the Jordon River Valley Trail.

Right now it seems you're in the process of developing a management strategy for the forest lands, who should be contacted to get the status of a particular trail?

Mr. Thiede: It would be best to contact the land manager of the trail locally. And again I think the mountain bikers have been real good in being concerned with other trails users: walkers, hikers and others and they need to continue that courtesy towards other trail users, so we don't have conflicts.

As I understand it then, right now, we should contact the local land manager if there is a question, but otherwise use common courtesy and responsibility with other users on state forest lands?

Mr. Thiede: Yes, I think that it would be very important to do that, now, as always.

Would perspectives of mountain biking from our readers be important for you to receive at this time, as you develop a more comprehensive policy?

Mr. Thiede: Yes, we always want to hear from those that use our forest land that includes mountain bikers. We have to look to the future as opportunities develop for this relatively new recreation. It is very new for us and we need to work with your organization to find out how it is compatible with our forest system. You are welcome to use

the BRB as a means of getting this message out to potential users.

Mr. Thiede: Thank you, I'll let our land managers know that they can use this publication.

Anything else you would like to share with our membership at this point in time?

Mr. Thiede: Well, as I think again of what we've talked about we do have a heck of a lot of two-track roads and other types of opportunities for mountain bikers and if we work together, I think we can utilize these opportunities especially in the U.P. One of these challenges seems to be signing these areas of opportunity, and there is no financial means in place to accomplish that?

Mr. Thiede: That's correct. We have none whatsoever. For the future, we think there should be some money from the "gas tax" on the road system [see page 8 and 9]. That would enable us to do signing. It would help us a great deal in making the resource available to users.

Some of our chapters have trail signing budgets, would that help getting areas signed?

Mr. Thiede: I think that might be useful, but in the long run we have to develop an overall system for the state forests so that we can be consistent from one forest to another.

In essence, we're just getting out of the starting gate on this whole issue?

Mr. Thiede: Yes, I think that's right. We've got a good opportunity to develop a good mountain biking system in the State Forest Systems.

People may not understand that the State Forest System is separate from the State Parks System and Game areas, would you agree?

Mr. Thiede: Yes, that's true. In terms of how many people are there to assist you and meet the needs of users is very different from, let's say, the parks system.

We've been very successful in the State Parks System in developing and working on mountain biking and we would like to offer the support for the State Forest system.

Mr. Thiede: We here at the State Forest level appreciate that, and I think we have an very good opportunity to develop a win-win situation. Though, I feel it will take some time.

BENT RIM BUGLE PUBLISHING INFO

The Bent Rim Bugle (BRB) is published 4 times a year (quarterly) Spring, Summer, Fall and Winter. The BRB is the source for news and information for the Michigan Mountain Biking Association (MMBA). Articles come from MMBA members, MMBA Chapter Presidents, the Michigan Department of Natural Resources and other sources. The focus of the BRB is on what is of interest to MMBA members as well as environmental issues, land access, mountain biking events, rides, competition, fun and other activities and information related to the mountain biking.

Editorial contributions and photos are welcomed, but cannot be returned unless accompanied by proper postage. Send contributions to: MMBA/BRB P.O. Box 29, Belmont MI 49306. The BRB also can provide classified ads to MMBA members for free and advertising space to shops and manufactures. For deadlines and rates contact the address above or call, (616) 785-0120 or E-Mail: Go MMBA@aol.com.

Opinions expressed are not necessarily those of the MMBA, Publisher, and/or MMBA members, Dealers, or Sponsors. In other words, lighten-up it's mountain biking not world hunger... Copyright, June 1995, all rights reserved.

!!!!!!! Trail Alert !!!!!!!!

North Country Trail

Your letter must be received by the National Forest Service by July 15, 1995 - Mail letter to: John Hojnowski - Interdisciplinary Team Leader - Manistee Ranger District 1658 Manistee Highway, Manistee MI 49660.

The North Country Trail (NCT), one of Michigan's finest trail systems for mountain biking is under renewed scrutiny by the United States Forest Service land manager, responsible for large sections of the trail in western and northern Michigan. Currently, studies are underway by the Manistee Ranger District in the Huron-Manistee National forest to conclude whether to keep its section of the NCT open to mountain bikes. The NCT Association and the National Park Service both have been exerting pressure on the USFS to close the trail to cyclists.

The position of the MMBA is that closing the trail to responsible mountain biking would be a disastrous blow to all Michigan and in fact to all United States mountain bikers. Some of the best and most scenic single track in the Midwest can be found on the sections in question from Udel Hills north to Beers Road in Manistee County. The MMBA and the USFS have had a cooperative relationship through the years, with successful trail maintenance days on all these sections. The **Bent Rim Bugle** has been loud and firm in its educational approach to sound environmentally responsible riding practices. Past MMBA activity has shown that mountain bikers have been good citizens and stewards of the North Country Trail. Weighing the facts, closure at this juncture would be irresponsible and wrong.

A strategy for saving the trail has been adopted by the Northern chapter of the MMBA for all mountain bikers who care about the NCT specifically trail access generally. You must get involved for the good of our recreation. In your letters, phone calls, and faxes, be honest, direct and personal. Stress your views of the issues of multiple-use and the past history of the NCT being open to biking. Give your views on the maintenance and educational issues. You may want to consider in your letter, the result of closure of the trail to mountain biking and the effect that it might have on responsible riders and their ability to be involved in the trail's future. Quite frankly, the MMBA has 1200 members who can exert positive political pressure now to

benefit all those who use the NCT:

STEP ONE: USFS Scoping Phase - The Forest Service is asking for public input from interested parties by July 15, 1995. Every member of the MMBA is being asked to write a letter with your perspectives for the future of the NCT.

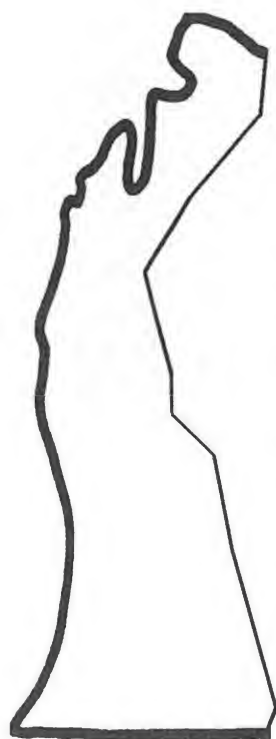
STEP TWO: Statewide Petition Drive: MMBA chapters and bike shops will be asked to collect signatures urging the USFS to keep the NCT open to mountain biking. Tentative completion date: August 1, 1995. Look for petitions in June and July at bikes shops, races and chapter meetings.

STEP THREE: Political Action: Write a letter to each of these two legislators. Ask them to help keep the trail open to responsible mountain biking. The economic impact of mountain biking to Michigan might also be significant. Mail letters by **July 31st** to:

Rep. Peter Hoekstra
1319 Longworth Building
Washington, DC 20515
(202)225-3511

Sen. Carl Levin
459 Russell Senate Office Building
Washington, DC 20510
(202)224-6221

The NCT needs you! Only an enthusiastic, statewide effort will keep this crown jewel of non-motorized scenic trails open for all of us to enjoy. For further information on what you can do to help, call **Doug Nelson**, Northern Chapter President at (616) 775-0154.



**"You must
get involved
for the good
of our
recreation"**

MMBA Responsibility Code

1. Always yield the right of way to other trail users.
2. Slow down and pass with care (or stop).
3. Control your speed at all times.
4. Stay on designated trails
5. Don't disturb wildlife or livestock.
6. Pack out litter.
7. Respect public and private property.
8. Know local rules.
9. Plan ahead.
10. Avoid riding in large groups.
11. Minimize impact.
12. Report incidents of trail impasse to local park authorities.

FREE NIFTY STUFF!

Here's How To Get It!

- Make sure you're a current MMBA member -

✓✓✓✓✓**First 10 MMBA members to sign up 10 new MMBA members* A will get -**

- a "Cool Tool" (See Info On Page 15)
- a pair of "Optex" Sun Glasses
- a Trak-Pak and an *Incredibell* discount form

✓✓✓✓✓**First 20 MMBA members to sign up 5 new MMBA members will receive a**

- Quick Release or the Cool Tool L.I.T.E. (see ad on page 15).
- a Trak Pak
- a discount form for Optex Sunglasses

✓✓✓✓✓**First 150 MMBA members to sign up 2 new MMBA member will receive:**

- Trak Pak
- discount form for Optex Sunglass
- discount form for an *Incredibell*

Note - You Must:

1. Copy this official form and use it to sign up members***.
2. **You must** send forms and money to this address:

MMBA Editorial/Membership Drive
P.O. Box 29
Belmont, MI 49306

*If money and membership forms do not come to this address it will not count toward the "Free Stuff" offer. **You must send the total number (in one envelope) of new members required to qualify for the "Free Stuff"** (Example: To get the "Cool Tool"/Glasses/Trak Pak/ Free Stuff offer - send 10 new membership forms and money **TOGETHER** to address above).

3. **"Free Stuff"** offer is on a first come first serve basis - Questions call 616-785-0120.

Free Stuff Membership - Official Form

New Member is:

NAME _____

ADDRESS _____

CITY _____

STATE _____ ZIP _____

LOCAL CHAPTER AFFILIATION:

- ☐ MID-MICHIGAN (517) 349-4683
- ☐ POTO (313) 663-3113
- ☐ SOUTHEAST (810) 542-4236
- ☐ PONTIAC LAKE (810) 627-5712
- ☐ WESTERN MICH. (616) 455-9460
- ☐ NORTHERN MICH. (616) 775-0154
- ☐ HOLLY/FLINT (810) 634-5820
- ☐ UPPER PENN. CONTACT (906) 428-4710
- ☐ NORTHEAST (517) 631-2608
- ☐ SOUTHWEST (616) 731-4009

PHONE

NUMBER(S) _____

POINTS SERIES ENTRY

Racing in the MMBA Championship Points Series? Add \$5.00 per rider in the Points Series to the regular membership fee and complete the following:

Riders Name(s) _____ *Birth Date(s) _____ **Racing Class(s) _____

*THIS MUST BE FILL OUT TO RACE IN THE MMBA POINTS SERIES

**From the following: Beginner, Sport, Expert, Elite

*****PRINT YOUR NAME/ADDRESS HERE!** The new member ON THIS FORM was solicited by _____

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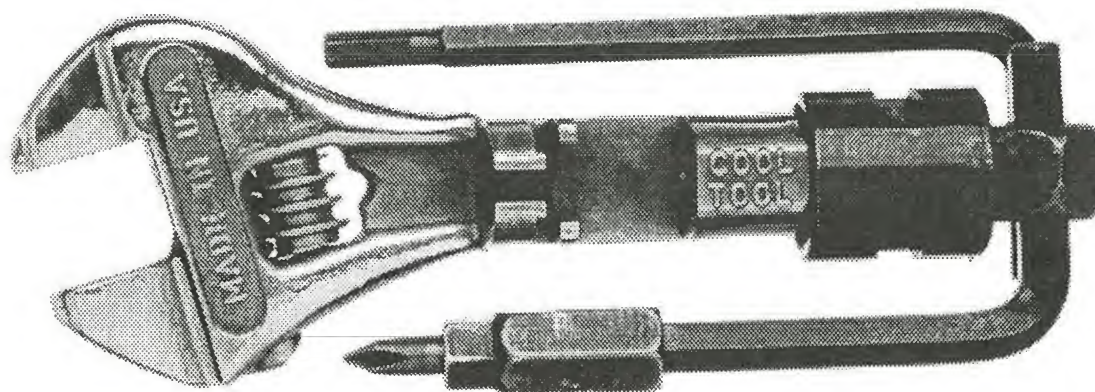
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Get These Items Free - See Last Page!

Dear MMBA, "Members, Make Your Voices Heard on the Gas Tax Increase!"

As you probably know, Governor Engler is proposing a long overdue and paltry gas tax increase to help rebuild the shaky Michigan road system. And in his usual, heavy handed "conservative" style; he has been keeping the details of this proposal quiet. So, should we be concerned? Yep. Perhaps we should even take this as a threat!

Will Engler axe bicycle transportation funding as an "unnecessary diversion" of scarce resources, as is being rumored on the National level regarding the ISTEA re-authorization? We hope not, as that would be contrary to several recent National surveys that overwhelmingly document the citizens wish to actually increase bicycle transportation funding, not decrease it--nor even make it the same. Citizens want, and need, a safe and economical alternative solution to their transportation needs, and wise bicycle transportation spending has a "big bang" for the buck--when spent wisely.

So what can we do? Well, currently in this state we already have 1%, or a "reasonable" amount greater (but, not likely), of all gas tax proceeds committed to section 10k of Act 51, amended in '82, for non-motorized transportation expenditures.

Sounds nice, huh? Well that money, as we've discovered, is currently being tapped for uses hardly in our best interest. These funds are typically being used for the paving of gravel roads and the paving of sub-standard width shoulders primarily for maintenance reasons. This is a poor priority for improving the conditions for bicyclists, don't you think? Instead, how about a few well placed bike racks, or a more comprehensive education and awareness program?

Ann Arbor, the exception to this waste, wisely uses part of their section

10k money for their "Bicycle Program" which amounts to only around \$40,000 per year. And with it, they've done a lot--even with this relatively paltry sum. With the help of this program they've acquired further ISTEA funding to boot. ISTEA money that was actually spent on bicycle transportation improvements, not just for planting flowers. (Copies of their budget are available to anyone who wishes to see it, just contact us).

We suggest that you contact the Governor expressing your concern via letter, and, or phone call, and a copy to your Representative. You could simply request that these current funds be used for higher priority spending directly for the benefit and improvement of non-motorized transportation. Or, better yet, ask for an increase in spending equal to the increase in the proposed gas tax.

It is rumored that the M-DOT "non-motorized program staff" may control a large share of these 10k funds, as proposed, and that would be to our benefit unless there is an unlikely increase in local non-motorized staffing. A staffing increase of which would be of great help--as witnessed in Ann Arbor. So, put your ink to paper, folks, and let's make a difference. Contact Dave DeRight, at 616-381-2678, for questions answered.

Also:

As an active Kalamazoo area bicycle advocate diligently working on the DNR's proposed Kalamazoo River Valley Trailway (KRVV) project, I'm concerned that there is currently no direct MMBA representation on this trailway project's Steering Committee.

Obviously, the MMBA is probably drowning in trail access issues throughout the State [*many MMBA members are working hard Dave, but not drowning fortunately ...exe. dir. MMBA*], as are all bicycle organizations in related issues of some sort, however, this particular project is in dire need of more active participation by those who understand multi-user trailway development issues. Aka, "Rail-to-Trail" projects.

Unfortunately, the other Local and State "Rail-to-Trail" efforts have severely tapped our current local human resources, therefore, the need for more involvement from all groups, who would in the end, derive a benefit from this trailway project's success.

With the KRVV group currently in the critical feasibility stage and, further, due to some mis-stated press releases; it is now possible that this trailway effort is in jeopardy of losing its multi-user "Michigan Trailway" vision. To me, this project has outstanding potential. But cyclists need to be there and be counted for this trail-way to become a reality in the best interest of all users.

I would highly recommend that someone from your organization become active and begin to represent mountain bikers on this trailway project.

Feel free to contact Pat Adams of the River Partners Program at the Forum for Kalamazoo County, and get involved. Someone showing up, even on an occasional basis, would be of great help to all of us.

Thank you for your continued statewide mountain bike efforts, but don't neglect an effort that could pay big dividends to all regional cyclists.

Sincerely,
David B. DeRight





From the "InterNet" - MMBA Membership,

This is a very important "Action Alert" concerning vulnerable transportation funding that would be helpful to circulate.

While it's directed to advocates elsewhere, it could be a mistake for us to disregard it as it is important to us all.

Noel Weyrich, (bikenoel@aol.com) of the LAB might be contacted for most recent activity. Or Allen Greenberg, directly, at the LAB.

Regards,
Dave Deright

ACTION ALERT! FROM
THE LEAGUE OF AMERICAN BICYCLISTS

Attention, bicycle advocates in:

Idaho -Missouri - Michigan - Montana - Nevada -New Hampshire - New York - North Carolina -Virginia

FROM: ALLEN GREENBERG

GOVERNMENT RELATIONS DIRECTOR - LEAGUE OF AMERICAN BICYCLISTS -

SUBJECT:

ISTEA ENHANCEMENTS PROGRAM ATTACK IN U.S.

SENATE - APRIL 24, 1995

The Enhancements program of the Intermodal Surface Transportation Efficiency Act (ISTEA) is now under threat of attack in a Senate transportation subcommittee by traditional highway interests and bicycling detractors as a "diversion" of funds from other needed highway improvements.

U.S. Senators from the above nine states could make the difference in whether this attack succeeds. The Enhancements program has provided funding for more bicycling amenities in the last three years (\$560 million) than all other federal highway programs of the last 40 years combined. Over one-half of all Enhancement dollars programmed have gone to bicycle and pedestrian improvements. The Enhancements program, more than any other, has led the bicycling community to the table to demand consideration of our needs.

Now, as federal dollars are being cut in transportation and virtually all other domestic discretionary spending programs, powerful road-building interests and traditional highway lobbyists are searching for ways to minimize their losses. They see the removal of the Enhancements set-aside as an easy way to recover "lost" funds.

The ongoing markup of the ISTEA-mandated National Highway System bill (S. 440) in the Senate is the highway lobby's most likely vehicle for attacking Enhancements.

Currently, the Enhancements program language in S. 440 is great! However an "anti-Enhancements" amendment to S.440 is expected soon. Although none of the nine Senators on the Transportation Infrastructure Subcommittee have identified themselves as prospective sponsors of such an amendment, introduction of amendments require only a 24-hour notice before a mark-up session begins. This gives us precious little time to prepare and makes a preventative strategy critical.

We need to make all nine members of this key subcommittee Enhancements program supporters! Call and write your U.S Senator from the following list today:

John Warner (R-VA)

Robert Smith (R-NH)

Dirk Kempthorne (R-ID)
Christopher Bond (R-MO)
Lauch Faircloth (R-NC)
Max Baucus (D-MT)
Daniel Patrick Moynihan (D-NY)
Harry Reid (D-NV)
Bob Graham (D-FL)

Ask for their commitment to preserve and strengthen the Transportation Enhancements provisions within ISTEA.

Explain how important Enhancements projects have been to your state or community. Emphasize three things:

(1) how new facilities make bicycling for transportation a realistic option in urban and suburban communities;
(2) how trails and bicycle tourism create economic growth in small communities and rural areas; and
(3) how bicycle and pedestrian friendly communities are "livable" communities where working families and businesses like to locate.

Write: Senator ____, U.S. Senate, Washington, D.C. 20510.

Also call (202) 224-3121, ask for your Senator's office, then ask to speak to their transportation legislative assistant. Deliver the same message to them.

Any questions, contact me, Allen Greenberg, at the League of American Bicyclists at (202) 462-8376.

If you have a chance, send me a copy of your letters at 1400 16th St., N.W., Suite 710, Washington, D.C. 20036.

Together we can make a difference. Thanks!



**READ
PAGE
5
NOW!**



New Chapter Hits The Trail:

By Doug Nelson

The Northern Chapter of the MMBA became a reality on March 9 at Dill's Old Town Saloon in Traverse City. Officers were elected - Doug Nelson of Cadillac (President), Dennis Bean-Larson, of Kingsly (Vice-President), Shirley Johnson, of Crystal Mountain (Secretary), and Jerry Nillson, of Cadillac (Treasurer) and goals set for 1995 were agreed upon. Trail access and maintenance on public lands is a major focus for the year; specifically, maintenance days were set for the North Country Trail for this past spring. Other goals included the development of a tag for new mountain bikes at member shops within the chapters boundaries, membership information and trail etiquette would be included on the tags. A last major goal

was the maintenance and stabilization of the DNR's Cadillac Pathway sometime later this season.

A second chapter board meeting was held on April 13 in Traverse City. Updates on trail maintenance days were given and a brief report on the status of the approval of the new VASA single-track by the DNR was discussed. The President's Report included reviews of a meeting with USFS Ranger Gary Cole on

March 20, an interview with Howard Meyerson for an article in the Booth Papers (i.e., Grand Rapids Press/Lansing Journal/etc.) on April 10 as well as a detailed account of the MMBA State Board meeting on March 28. Discussions were held on the tag project, the need for volunteers for the MMBA Point Series races and the desire for ideas for social events to draw the chapter closer during this season. Communication in the chapter has been outstanding, thanks to the informational post cards designed by Vice-President, Dennis Bean-Larson.

The Northern Chapter's first maintenance day as an official chapter was a great success. On Saturday, April 29, 22 northern volunteers met with USFS Ramona Venagas at Red Bridge in Manistee County to work on two of the States prim section of single-track on the North Country Trail, the nine-mile stretch north of Coates Highway to Beers Road, and the six mile segment south to Dillings Road. A crew was also dispatched to stabilize an eroded piece of trail in the Udell Hills portion of the NCT. New rubberized water bars were installed on the large hill south of Coates. Brush and dead fall were cleared on the entire 15 miles, and the sandy section near Eddington creek was once again stabilized. Special thanks to Jake Woroniecki of McLains Cycle in Cadillac who built two great signs alerting hiker and bikers to "Trail Work Ahead" (see page 2) and included superb art work of the "new" MMBA logo [look for it this summer! *ex. dir MMBA*]. The signs are permanent and will be used for all future trail days in the Northern Chapter.

Scheduled are trail events and other chapter meetings throughout the summer and fall. Including: updates on the VASA and Cadillac pathway will be on the agenda. The chapter is enthused and actively-working for all MMBA members in Michigan and we'd love to show you some of our favorite rides in the north! Call Doug (616) 775-0154 or Jerry (616) 775-1959 in Cadillac or Dennis (616) 941-4500 days or evenings (616) 263-7383 in Traverse City for specific details.



IMBA MEMBERSHIP APPLICATION

A non-profit, volunteer group. IMBA's goal is to keep public lands open for recreational enjoyment of responsible mountain bicyclists. We publish *IMBA Trail News* as a means of keeping members informed of current issues and events. Donations above \$9 are tax deductible.

ANNUAL MEMBERSHIP PRICES:

- ___ Basic Membership \$15
- ___ Member of Affiliated Club 12
- ___ Supporting Donation 25
- ___ Clubs 30
- ___ Dealers 60 or 150 or 1000
- ___ Manufacturers 100 or 300 or 1000
- ___ additional donation for IMBA's programs

Canada/Mexico add \$5 for mailing. Outside North America add \$10 for mailing.

Name _____

Address _____

City/State/Zip _____

Phone: Home _____ Work _____

Make payment to IMBA; mail to PO Box 412043, Los Angeles, CA 90041.

Would You Like To Reach over 1,000 Mountain Bikers Who Spend Money Like It Grows On Trees?

The 1,000 members of the Michigan Mountain Biking Association (MMBA) know that if you want to ride in the trees then you have to spend a little money. In order to keep the trails open, MMBA members put a little money aside each year to care for the forest trails they enjoy. **The trees may be as good as money** to MMBA members, for without the forest - there is no mountain biking.

MMBA members need support and when you buy an ad in the **Bent Rim Bugle (BRB)** you reduce the cost of publishing the **BRB** and that makes more money available for trail maintenance and development.

Advertisement Space in Bent Rim Bugle

	<u>MMBA Member**</u>	<u>NON- MMBA</u>
<u>Ad Size*</u>		
Full Page:	\$150.00	\$300.00
Half Page:	\$ 75.00	\$200.00
1/4 Page:	\$ 50.00	\$175.00
Business Card:	\$ 25.00	\$150.00

The **Bent Rim Bugle** publishes land access information, MMBA Championship Points Series information, general interest articles, official MMBA notices, pictures and/or artwork provided by Michigan Mountain Biking Association members, MMBA Chapter Presidents, MMBA Officers, interested mountain bikers and/or public land managers. The **Bent Rim Bugle** is published 4 times a year: spring/summer/fall/winter. It is mailed to all MMBA members (over 1,100 members) and to land managers, parks and recreation personnel, and interested individuals, totaling approximately 1,500 to 2,000 copies for distribution. It is also available for general sale at \$2.00 per copy (contact the MMBA at the number below to receive the next issue).

Basic bike shop/manufacturer membership in the Michigan Mountain Biking Association is \$110.00. In addition to receiving reduced rates in the **Bent Rim Bugle (BRB), as an MMBA member shop or manufacturer you will be listed in each of the 4 issues of the **Bent Rim Bugle**. All new members (last year's general MMBA membership was over 1,000) receive a list of member shops and manufacturers, and this list is also posted at selected MMBA events and at the MMBA annual meeting. You receive all land access news published by the MMBA, you get a membership window decal, and have the personal satisfaction of knowing that you have done something to help keep your customers out on the trail. For more information call: 616-785-0120

*Camera Ready Ads Only! There is an extra charge for ad design.

You've Got A Letter
To Write:
SEE PAGE FIVE!

From The MMBA President

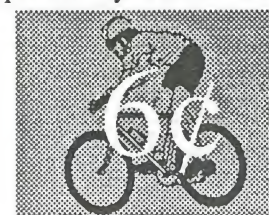
Not too long ago, maybe a year, I can remember Dwain Abramowski's plea for everyone to give one day to the trail, just one day of trail maintenance is all he asked for. Did it work? I believe so, since then I've given at least 8 days to trail maintenance. Turn outs from what I've witnessed for trail maintenance days have been more than could be expected. This is not to say that we can relax, no no. As the MMBA takes on more responsibilities with our natural resources - trails in particular we need to grow our membership. With more trails comes more work and to do more work we need more members.

Now I'm going to ask for your help. Instead of one day for the trails I'm going to ask for one new member. If everyone can get one new member, our membership will grow from 1200 to 2400 members overnight. These new members would also help to give us a sound financial platform.

If we are going to make a commitment to our trails then we need to make sure that we have the funds necessary for your voice to be heard at key state meeting for trail access. To be able to go to places like Chicago when company's like Specialized and Grip Shift are meeting with IMBA or to Cadillac when Land Mangers are talking about closing the North County Trail to mountain bikers.

Opportunities like this that are missed due to lack of funds will someday result in the closure of a trail near you, again, **a trail near you!** So all I ask for is one new member.

Sincerely
Kristopher Ouvry - MMBA President



It's only 6¢ A Day To Be An MMBA Member!

MMBA SHOP AND MANUFACTURER MEMBERS

Is Your Shop Here? The shops listed here care about where you ride. Does your shop? THANKS FOR YOUR SUPPORT!

Active Sports
Grand Rapids, MI
(616)785-9117

Al Petri & Sons, Inc.
Woodhaven, MI
(313)675-5566

Amanick Promotions
Waterford, MI
(810)673-8531

Ann Arbor Cyclery
Ann Arbor, MI
(313)761-2749

Big Ralph's Cycling & Fitness
Saint Clair Shores, MI
(810)772-3258

Bike Specialists
Niles, MI
(616)683-3100

Bike USA, Inc.
Bloomfield Hills, MI
(810)646-7565

Bikesport Landspeed
Dearborn, MI
(313)278-1350

Bobcat Marketing
Los Gatos, CA
(408)395-1948

Breakaway Bicycles Of Kalamazoo
Kalamazoo, MI
(616)349-5555

Brick Wheels
Traverse City, MI
(616)947-4274

Buffalo Bob's Bicycle Repair
Flat Rock, MI
(313)782-1790

Sherri Burford
Therapeutic Massage
Grand Rapids, MI
(616)791-7552

Butterworth Hospital
Heart & Vascular Network
Grand Rapids, MI

Central Park Bicycles
Okemos, MI
(517)349-8880

Chelsea Bike & Sports
Chelsea, MI
(313)475-9371

Chequamegon Fat Tire Festival
Cable, WI
(715)798-3811

Cherry Capital Cycling Club
Traverse City, MI
(616)941-BIKE

Cycle Cellar
Ann Arbor, MI
(313)769-1115

D&D Bicycles
Berkley, MI
(810)547-0770

D&D Bicycles
Northville, MI
(810)347-1511

D&D Bicycles
Westland, MI
(313)522-9410

D&D Bicycles
Farmington, MI
(810)851-5588

D&D Bicycles
Dearborn, MI
(313)565-4600

Dan's Bicycle & Lock Shop
Ionia, MI
(616)527-0471

Denny's Cycling & Fitness
Lansing, MI
(517)321-6700

Denny's Cycling & Fitness
East Lansing, MI
(517)351-2000

Denny's Cycling & Fitness
East Lansing, MI
(517)332-8655

Dirt Works, Inc.
Comstock Park, MI
(616)784-0691

Easy Rider Bike Shop
Canton, MI
(313)455-5730

Easy Rider Bike Shop
Taylor, MI
(313)374-RIDE

Eye On The Earth
Belmont, MI
(616)784-9327

Fraser Schwinn Cycling & Fitness
Fraser, MI
(810)294-4070

Fun Promotions, Inc.
Grand Rapids, MI *Brent walk*
(616)453-4245

Garland Resort
Lewiston, MI
(517)786-2211

Grand Blanc Cyclery
Flint, MI
(810)694-2811

Great Lakes Cycling & Fitness
Ann Arbor, MI
(313)668-6484

Highwheeler Bike Shop
Holland, MI
(616)396-6084

Holt Pro Cyclery
Holt, MI
(517)694-6702

House Of Wheels
Owosso, MI
(517)725-8373

Iceman Promotions
Acme, MI
(616)941-7044

Have You Found Your Dealer Yet?

(Continued Next Page)

(Shop/Manufacturers cont.)

Livonia Cycling & Fitness Ctr.
Livonia, MI
(810)476-1818

Maple Lane Florist
Clawson, MI
(810)585-0302

McLain Cycling & Fitness
Traverse City, MI
(616)941-8855

McLain Cycling & Fitness
Cadillac, MI
(616)775-6161

MGM Bicycle & Fitness
Birmingham, MI
(810)644-9181

MGM Bicycle & Fitness
Plymouth, MI
(313)453-2233

MGM Bicycle & Fitness
Saint Clair
Shores, MI
(810)777-0357

Motorless Motion
Mount Pleasant, MI
(517)772-2008

Mountain Man Ski Shop
Toledo, OH
(419)536-0001

Nuke Proof Industries, Inc.
Ada, MI
(616)676-2400

Oakland County Parks
Waterford, MI
(810)858-0720

On 2 Wheels
Jackson, MI
(517)789-6077

Pavlat's Two Wheel Authority
Royal Oak, MI
(810)542-7182

Progressive Bicycles
Grand Rapids, MI
(616)364-3100

Prestige Cycles
Clinton Township, MI
(810)792-4040

Ralston Cycle Sales
Traverse City, MI
(616)941-7161

Ray's Bike Shop
Midland, MI
(517)835-1691

R.I.D.E.
Chicago, IL
(312)853-2828

Riverfront Cycle, Inc.
Lansing, MI
(517)482-8585

Rock 'n' Road Cycle
Grand Haven, MI
(616)846-2800

Searchmont Resort
Sault Sainte Marie, ONT
(800)461-0800

Shanty Creek Resort
Bellaire, MI
(800)678-4111

Sleeping Bear Race Promotions
Traverse City, MI
(616)947-4274

Slingshot Bicycle Co.
Grand Rapids, MI
(616)530-5556

Southwest Chapter - MMBA
Kalamazoo, MI
(616)375-0920

The Speed Merchants
Rockford, MI
(616)866-2226

Spoke & Gear Bike Shop
Big Rapids, MI
(616)796-4122

Stoney Creek Schwinn Cyc & Fit
Washington, MI
(810)781-4451

Sun/Sky/Wind
Central Lake, MI
(800)424-5297

Terry's Cycle & Sports
Alma, MI
(517)463-5260

Tom Nell Bicycles, Ltd.
Waterford, MI
(810)682-5456

Trailhead Bike Shop
Ludington, MI
(616)845-0545

Trek Bicycle Corp
Waterloo, WI
(414)478-2191

Tri-City Bicycle HQ
Midland, MI
(517)496-2810

Velocipede Peddler
East Lansing, MI
(517)351-7240

The Village Bike & Ski Shop
Jenison, MI
(616)455-4870

Village Cyclery
Pinckney, MI
(313)878-0117

WI Off-Road Bicycling Assoc.
Madison, WI
(608)251-4911

ZZ Underwater World
Lansing, MI
(517)485-3894

Please Note: In our continuing Dealer Membership Drive we have received some new dealer support and they will be noted in the next BRB.
Bold lettering denotes special contributions and/or promotions for MMBA members - Thank You very much!

BOLD LETTERED SHOPS AND/OR MANUFACTURERS MAY OFFER A 10% DISCOUNT TO CARD CARRYING MMBA MEMBERS. YOU RECEIVED A LIST OF THE 10% MEMBERS WHEN YOU JOINED AND/OR WILL RENEW MEMBERSHIP THIS YEAR. IF YOUR SHOP/MANUFACTURER WOULD LIKE TO BECOME AN MMBA 10% MEMBER IN ADDITION TO BEING A PROUD SHOP/MANUFACTURER MEMBER OF THE MMBA JUST CALL 616-785-0120 FOR MORE INFORMATION. A REMINDER TO ALL MMBA MEMBERS: ALL THE SHOPS/MANUFACTURERS ON THIS PAGE ARE SPECIAL. THEY SUPPORT YOUR EFFORTS ON THE TRAIL AND IN THE MMBA POINTS SERIES. THEY DESERVE YOUR PATRONAGE!!!!!!

Chapter Chatter... Chapter Chatter... Chapter Chatter...

To Find Out What Is Going On In Your Chapter Simply Press 7 Numbers You'll Be Gald You Did...

MID-MICHIGAN: Dennis Hansen (517) 349-4683
POTAWATOMI: Emil Sims (313) 663-3113
SOUTHEAST: Chris Delridge (810) 542-4236
PONTIAC LAKE: Jay Jones (810) 627-5712
WESTERN MICH: John Hanffenden (616) 455-9460
NORTHERN MICH: Doug Nelson (616) 775-0154
HOLLY/FLINT: Kirk Costello- (810) 634-4091
UPPER PENN: Jack McHugh (contact): (906) 428-4710
NORTHEAST: Charlie Goff (517) 631-2608

SOUTHWEST: : Kristopher Ouvry (616) 731-4009
Please see page 22 in this publication for a complete list to date - of fun events, trail maintenance days and races scheduled by MMBA chapters and/or promoters around the state. If you would like more information on fun events or trail maintenance call your chapter president (listed above). If you would like more information on the races call the promoters (listed on calendar). Keep the BRB handy, it's your ticket to mountain biking fun for 1995! (For more race info and applications see the Summer issue of Michigan Cyclist Magazine, found at your MMBA member bike shops! It's Free!)

Please remember that our

chapter meetings are the 3rd Monday of every month at 6:30. Meetings will be at Fort Custer Recreation Area until further notice.

Potawatomi Chapter News:

Mark you Calendars! Sunday, July 16, is the date for the Island Lake Scramble Scramble! This will be a fun-filled day of mountain bike madness. Ride the Island Lake Trail and try for the best Scrabble word, compete in events such as: bike Limbo, tricycle racing and of course the crowd-favorite- "Huffy" tossing. Bike exhibitions and food will be on hand. Several hundred dollars worth of prizes will be awarded. going on the same day is the Budweiser Professional Water Ski Tour. All biking participants get free admission to this spectator event! If you haven't already received registration information in the mail, please call (313) 994-3521 and leave your address.

This event is being put together by Potawatomi Chapter to raise trail repair and expansion funds and to increase awareness of trail issues among the Island Lake Crowd. We are looking for

The Poto Has an Info Hotline- Call Today! 313 663-9940



a few more volunteers to help out by handing out Scrabble tiles or running the "skill" events. If you are interested, please call (313) 663-3113. Island Lake is located on Kensington Rd. near the intersection of I-96 and M-23. The festivities will be starting at 9:00am and going on until about 2:00.

Island Lake Scramble: Sunday July 16th

Cost: \$20.00 Pre-restistartion
(Prior to July 1)

\$26.00 day of regestration.

Put on by the Poto Chapter of the MMBA with help from: Great Lakes Cycling Fitness and Adventure/Chelsea & Bike Sports. Be There!

The Poto Chapter has begun an informational hotline. Callers will receive a recorded message detailing upcoming chapter events, rides, projects, trail maintenance days and trail conditions. In addition callers have an opportunity to leave brief comments and or suggestions regarding chapter activities. The hope is that the hotline will help keep communication/information channels open, especially with members that are unable to attend chapter meetings. **The Number is: 313-663-9940.**

Western Chapter:

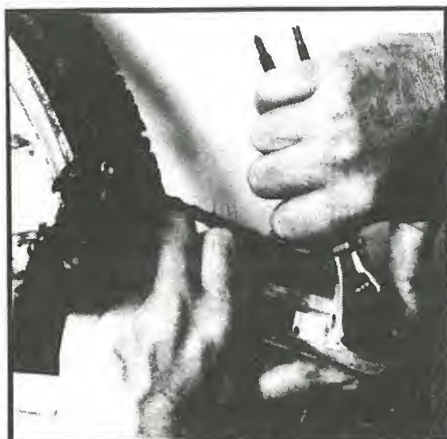
If you've ever been to the Cannonsburg Game Area on a Tuesday or Thursday night and found no room to park except in the street, then you know why the Western Michigan Chapter of

Southwest Chapter News:

The SW Chapters MMBA Point Series Race was a success in spite of the weather. We experienced all four seasons in one day of racing, spring rain, summer sun, fall hail, and winter snow. We would like to say thank you to all of our sponsors, especially Mike Wood of Team III, Billy Gillespie of Billy's Bike Shop, Paul Wells of Breakaway Bicycles and the Children's Therapy Center of Battle Creek. We would also like to thank the volunteers that made a miserable day seem enjoyable. Because of everybodys efforts we were able to raise \$4500 for trail maintenance in the southwest area of Michigan.

The Southwest Chapter has also been involved with the T.K. Lawless Park Trail (Cassopolis) which will be open for riding Memorial day weekend. 35 people (half from Michigan and half from Indiana) showed up to work on the trail and contributed 100 hours of work on the new 10 miles of advanced mountain bike trails. If you ever see Steve Barnes you can thank him, because without his efforts we wouldn't have another trail in Michigan.

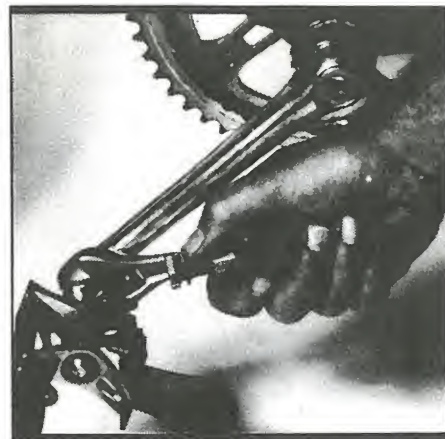
(Continued on Page 16)



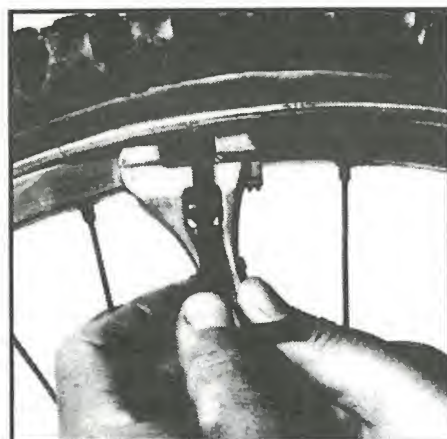
14/15 mm Crank Tightening Adapter



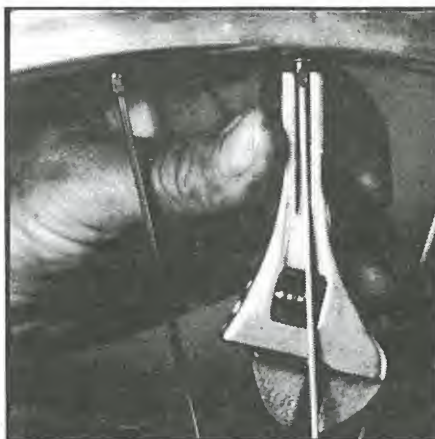
Chain Breaker



Pedal Wrench



Tire Iron



Spoke Wrench



Headset Adapter



Bottom Bracket Lock Ring



Open the brew!

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Titanium U.S. made Cool Tool-\$59.95

Standard Steel Cool Tool-\$19.95

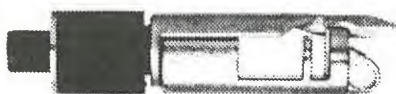
Seat Quick Release



4.5-6mm Allens,
10mm Socket, Spoke Key

The L.I.T.E.

(Mounts in seatpost)



Chain Tool, Screwdriver, 8-9mm Sockets

RETROTEC



Custom Racing Cruisers

Free "Cool Tool" See Page Six! Now!

(Chapter Chatter Cont. From pg. 14)

the MMBA is working at the Game area about once a month and will continue to do so until the Game Area's closure for the season on September 15. Your help is needed at the game area so that it can stay open and in good riding condition.

- Aman Park will be continuing its weekend bike patrols this year. There are still a few 3 hour spots that need to be filled in August. These time slots must be filled if we are to keep our agreement with the Grand Rapids Parks Department and keep Aman Park open. Call Mike at the Highwheeler for info 616-396-6084.

-Bass River State Recreation Area: Work is just beginning on a NEW TRAIL SYSTEM IN WEST-ERN MICHIGAN- as in a new place to ride! Call Janet to volunteer and help design a new trail 616-949-2648.

Northern Chapter:

See Info about the North Country Trail starting on page 2!

Holly/Flint Chapter:

Hey all MMBA members! Grab your bike, helmet, friends or family and come to our Monday Night Rides. We'll be riding every Monday night (weather permitting) to a variety of areas in and around the Holly Area (Seven Lakes Park, Holdridge Lakes Mountain Bike Area to name just a few.)

The Holly Chapter's rides will begin promptly at 7:pm now and all summer long. Rides will be leaving from the Calvary United Methodist Church on North Holly and Quick Rds. just north of McDonalds. The rides will be divided into three (3) groups for every riding level - 1. advanced singletrackers - 2. intermediate/back road runners and- 3. beginners/leisure scenic riders. All rides will try to conclude before night fall, but a tail light or reflective wear is advised. Don't forget to hydrate up! Drink plenty of water before, during and after your rides. And we all know there can't be a better way to start the week then with a bike ride, especially with the racers needing that "cool

Woman's Ride Night Southwest Chapter...

If you don't like to ride alone come out to the Fort Custer Recreation area any Thursday this riding season. Riders can gather at the trail head between 6:00 and 6:30 leaving in groups. Questions contact Judy Milroy 342-4188. Fort Custer Recreation Area is located between Kalamazoo and Battle Creek, just east of Augusta on M-96. State park vehicle permits are required. Most MMBA chapters have ride nights and riding groups. To find one that fits you, see our calendar on page 22 or contact your local chapter (phone numbers are on page 14). **RIDE TODAY!**

INSIDE MICHIGAN -MOUNTAIN BIKING - *SINGLE TRACK FEVER!*

-It's mountain biking in Michigan on the Tube!

-Coverage of most of the MMBA 1994 Points Series races.

-Interviews with people who are most involved with today's mountain biking related issues. - Hot mountain biking videos - Hot "Bike of the Month Reviews"

Look for it on your local TCI cable access channel!**

Producer Renee Berrara **TCI cable systems serve about 350,000 homes in the Michigan area including areas in and/or around Detroit, Grand Rapids and other communities in Michigan. Check with your cable company today! Ask for: Inside Michigan Mountain Biking- Single Track Fever!

down" ride after the race weekend - right! Come on out and have some fun. See you there! Ride! Ride!

IN OTHER CHAPTER NEWS: the trail work is an ongoing affair at the Holdridge Lakes Mountain Bike Area (Holly Rec. Area). This spring many Holly Chapter members and vounteers added the North-ern Loop to the existing West Loop and ex-

panded the trail head parking area. The chapter would like to thank everyone for the help and support on the trail. We realized the pride in all present as the trail grew foot by foot. **YOUR WORK WILL FOREVER BE ETCHED IN THE LANDS AT HOLDRIGE LAKES.** If anyone is interested in



Southwestern Chapter dedicates the trail at Fort Custer in Memory of Ed Sylvester, (Mrs. Sylvester and Pres. Kris Ouvry in Picure) mountain bike rider and volunteer, at First MMBA Points Series Event of the year. The Point Series event, run by Southwest Chapter volunteers raised several thousands of dollars for the Southwest Chapter of the MMBA for the benefit of the trail.

getting involved with any type of trail work, I'd enjoy taling to you at: 810-634-7691.

Another note: as the summer sun and warmth are once again upon us and the spring rains dry, let's all realize the enormous devastation caused to trail networks throughout Michigan. The

(contin. on next pg.)

CHAMPIONSHIP MMBA MICHIGAN MOUNTAIN BIKING ASSOCIATION

1995

POINT SERIES

CANDY WHEELS ©

The official 1995 MMBA Championship Points Series Calendar is available from **Michigan Cyclist Magazine**, a Castelli publication. You can find a copy at **your local bike shop**. If you need more information on getting the Points Series Poster/Calendar just call 616-454-0155.

Also a points series and fun events calendar will be provided when you renew your 1995 membership and many of the events are listed on the insert of this publication.

(contin. from last pg.)

cause: the early spring trail rider. And let's all pledge "a trail awareness" to preserve nature and the trail for next year and the years to come. To help save the trail it's simple and that's: Stay off the trail until after the spring thaw!-Info provided by Rick Jerrell.



What's the best and most polite way to let other trail users know you're sharing the trail with them, use a bell on your bike. If you'd like to get a **Incredible XL** (pictured) above) at an "incredible" discount just look at page 6 - NOW!

Your MMBA Point Series Representatives:

If you have suggestions and/or questions they will be glad to address them for you, just contact them.

Robin Scurr, Membership Secretary
Laurie Hescheles, Point Series Scorer
Mike Clark, Tandem Series Coordinator
Joe Caton, SW Chapter Rep.
Jim Colflesh, SE Chapter Rep.
John Dohan, Pontiac Lake Chapter Rep.
Jason Hatton, NE Chapter Rep.
Ann Grofvert, Mid-Michigan Chapter Rep.
Jim James, Potawatomi Chapter Rep.
Don Jurvelin, Holly Chapter Rep.
Ron Robrahn, Western Chapter Rep.
Dwain Abramowski, Executive Dir.

These members can be contacted through your local chapter or by calling (616) 785-0120.

**YOU'RE NOT KEEPING
YOUR ADDRESS A
SECRET, ARE YOU?**



**WHEN YOU MOVE LET THE MMBA
KNOW SO YOUR INFO KNOWS
WHERE TO GO!**

Dirty Notes (and E-Mail...)

Dear MMBA,

I read today, with interest, your May/June quarterly up-date newsletter. I would very much appreciate being included on your mailing list.

Also, I am very interested in your "adopt-a-mile" program and would like information on this beneficial program and/or names, addresses, phone number of person or groups that might be interested in adopting a mile (or miles) of the White Pine Trail State Park.

Thanks,

Eric Fransen, Manager White Pine Trail State park

Flat River Field Office, 6640 Long Lake Rd. Belding, MI 48809 or call: 616-794-2658.

land, and TREK and Gary Fisher bicycles are made there!...Mountain biking is very popular in Wisconsin, a lot of my business contacts have mountain bikes...When I am in Wisconsin I can pass on MMBA information and volunteer some marketing advice on how to get involved in Wisconsin. Wisconsin is not far from Michigan and there are some great trails and parks here. It would be a shame to see all that go to waste.

Sincerely, Nate Sefeik

Ed. Note: Actually Ride and CAMBA are involved in trail-related activities in Wisconsin and info on the these organizations have been forwarded. But the letter just goes to show the effect our volunteers have in Michigan and surrounding states.

To MMBA

Congratulation for establishing a presence in Michigan for mountain bikers. For the two years I have been with the MMBA, I have taken for granted the importance of the organization and the impact it has on our ability to gain access to public land. If everyone that rode a bike planned to spend at least one day a year maintaining a trail (you can still ride right afterwards), that would eliminate most complaints about the impact mountain bikers have on trails.

I wrote the above paragraph because I have spent a lot of time over the last few months on business in Milwaukee, Wisconsin, where there is

no such organization [see below]. As you can predict, you don't miss something until you lose it and mountain bikers have lost a lot of access to land in Wisconsin. That is a shame for all bikers in [southern] Wisconsin, for much of the state is beautiful, pristine

Net Trails

Dear MMBA:

Here is a list Web sites related to Mountain Biking. I read in the May/June issue of the MMBA Update that you're looking for this type of stuff. Hope you have fun with it.

Happy Trails
Tom Lining

<http://www.bikepro.com>
Bike Pro Buyers Guide

<http://www.cyclery.com>
Cyber-cyclery-equipment & tour info

http://www.tcinc.com/mtbike/co_mtb.html URL w/info on colorado races

<http://www.syncros.com/>
Syncros company

<http://www.magicnet.net:80/cyclepath/>
Cycle Path Bicycle Shop

<http://uni.unic.edu/~dtucker/project.html>
Bicycle technology

<http://cycling.org/>
Global Cycling Network (Velonet)

<http://www.xs4all.nl/~rcoende/index.html> Bike related URL

<http://www.starwave.com/outside>
Outside magazine

<http://www.garlic.com:80/bikes/>
Specialized bike company

<http://www-math.science.unitn.it/Bike>
Trento Bike Pages-Italy

<http://S2.com/html/polar/polar.html>
Polar Heart Rate Monitors

<http://www.fysel.unit.no/dahls/cycling.html>

<http://www.echonyc.com/~hadley/wombats.html> Womens Mountain Bike and Tea Society

<http://galen.med.virginia.edu/~lal4e>
Mid-Atlantic region bike info.

<http://www.tcinc.com/mtbike/racetips.html> MTB racing tips

<http://xenon.stanford.edu/~rsf/mtn-bike.html> Mountain Biking

<http://econ-www.newcastle.edu.au/~bill/billsport.html> Bills Sports Page

<http://s2.com/html/etj/etj.html>
The Endurance Training Journal



Yea, you say you're cool...But can you ride muddy trails the right way? Don't be some sort of fat boy, all right? Give the trails a break this summer and **ride straight through the mud and not around it!** Trails just don't happen. They are there because someone cares and that's cool. Are you?

Thank You... Volunteers

(As reported by Chapter Presidents Who responded)

Steve Worthley, Richard Keller, Jim Betz, Paul Camilleri, Rich Battert, Rich Rogge, Mark Hall, Dan Harrison, Jon Hughes, Bill Phillips, William Hughes, Victor Vettorello, Jim LaBelle, Dennis Hanson, Dan Tribble, Robert Flynn, Rena Hecht, Bob Yankus, Wes Watt, Rick Williams, Sean Williams, Larry Helvie, Amee Labelle, Christine Diebold, Norm Diebold, Bill Richards, Jim Wison, Jan Mongel, Jennifer girard, James Netzeg, John Hines, Dale Rosse, Bruce Bodjack, Joe Garrity, Meagen Rosipent, George Rosingana, Doug Nelson, Dennis Bean Larson, Dana Anderson, marshall Anderson, Jerry Nilssen, Mike Schaefer, Krik Davison, Rex O'Conner Jr., Patrick Dueweke, Jon Roe, and many others who have kept your trails open by volunteering to do trail maintainence, trail building and patrolling. Chapter Presidents: Please let us know who is doing what in your Chatper! Send info to the BRB for publication later this summer!



This Mag. is Printed on Recycled Paper

Thoughts from a Grand Rapids area Member:

Give someone a personal invitation to join the MMBA chapter of their choice this year. An organization is only as powerful as its size. To increase our membership, keep copies of the MMBA membership form in your car or in your trail pack. Most people will become involved if given a personal invitation and an easy way to respond. B. Alsum - Western Michigan Chapter MMBA - *There is even something in it for YOU! See page 6....*

Info From the U.P.

Enjoy The Midwest's premier mountain bike destination on a fun ride at the peak of the Upper Peninsula's fall color season! There is no formal itinerary, just be at the Pictured Rocks Cruises dock in downtown Munising, Michigan, for the 8:30 AM EST ferry boat. Bring a mountain bike, lunch and at least one gallon of drinking water per-person.

The return ferry leaves Grand Island at 4:45 PM EST. The fifteen minute each -way crossing costs \$13.00 round trip, with a bike. Primitive camping is available at either the Murray Bay or Trout Bay sites, an easy three mile ride from the landing. Contact the U.S. Forest Service in Munising for camping information: 906-387-2512.

Total distance around the cliffs, woods and beaches of this mostly undeveloped Lake Superior island is about 20 miles. Shorter loops and endless side trips are possible and worthwhile. The route is mostly firm gravel or dirt two-track, with some single track. Fat tires are required. Weather can be sunny and hot or sleet and snow, so be prepared for anything. For more information call: 906-428-4710.

Thinking about it?

The First Annual Grand Island Rendezvous saw six inches of wet snow, which gave the eight hardy riders a tremendous feeling of satisfaction and accomplishment. Oh, we had a lot of fun too, doing things like making hot cocoa by the lake-side and improvising cups...

The Second Annual saw temps in the high-forties on the east side of the island and near sixty on the west side along with blustery winds (on the east) and brilliant sunshine (on the west). The fifty riders had a ball. Is it unreasonable to expect seventy degrees and sunshine for the Third Annual event? Yes. But what the heck, we can hope for the best.

Do your bit to convince the "motor-happy local forest service" that mountain bikes can become an important part of the U.P. tourism mix: Let's show them by turning out 250 riders this year! Jack McHugh



Note: The picture (above) on the latest cover of *Michigan Cyclist* is an example of the beauty that can be found on Grand Island. Is this the year you go for the "Grand" adventure and not just another ride?

STICKS & STONES

Heat Injury

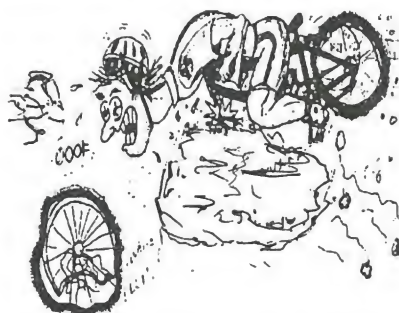
Because mountain biking is, for the most part, a warm weather activity it is worthwhile to review the causes and conditions of thermal injuries. Probably the more common of the heat injuries is heat exhaustion. This condition is caused by excessive water and electrolyte losses (i.e., salts), usually through sweating. It is not normally a life-threatening injury, but it does have its share of unpleasant symptoms: fatigue, exhaustion, nausea, light headedness, and cramps. The good news is that heat exhaustion can be self correcting after a day or so of rest. However, as we all know, the ride must go on. A faster method involves the use of oral re-hydration salts (see kit contents) dissolved in water and sipped over a period of 15 minutes to 1 hour. Of course, it is possible to prevent heat exhaustion (and heat stroke) by consuming adequate amounts of water and/or electrolyte solutions throughout the ride, and by pacing yourself early in the season while your body becomes used to the heat. Also, avoid the old fashioned salt tablets (Are you reading this Coach Gordon?), since they tend to draw water out of the stomach and can temporarily worsen the dehydration.

Not to alarm you, but heat stroke is a LIFE THREATENING EMERGENCY! It is characterized by disorientation, hallucinations, combativeness, and red, hot, dry skin. All this occurs because people become so dehydrated that they lose the ability to sweat, and therefore cool themselves off. The increased body temperature affects the brain and produces the behavioral changes. The immediate treatment is to sweat for the affected individual. Huh? What I mean is, since the sweating mechanism has failed, you need to cool the individual off with water. If the water supply is limited concentrate on cooling the head. Fan them to promote evaporation, and massage the extremities to help return the cooled blood to the body core. Also, try to get them to drink, even though this may be difficult in their altered mental state. And, of course,

get them into medical care as soon as possible.

Altitude sickness

Yes, I know this is the Midwest and high altitude here means you've decided to take the elevator instead of the stairs. However, we are mountain bikers, and from time to time we must go to the mountains. Since measurable changes in the response to exercise for human beings do not occur until about 4,000 feet above sea level the trails around these parts pose no threat of altitude sickness. However, if you intend to spend time riding some of the trails out west keep a few things in mind. Firstly, altitude sickness rarely occurs below 8,000 feet, but it is wise to spend a day or two at somewhat lower elevations to allow yourself to acclimate. It is also helpful to maintain a diet of 70% or greater carbohydrates, and to drink sufficient quantities of water. The onset of altitude sickness



is usually first manifested by headache, which can be followed by nausea, fatigue, and cyanosis (blue or purplish skin). Life threatening complications include cerebral and pulmonary edema, the latter can cause you to literally drown in your own fluids! The medical treatments are largely by prescription only. So, the best advice is the obvious. At the first sign of trouble, descend!

Since this article is by no means a complete guide to first aid practices, merely an introduction, I have to encourage everyone to take a general course in first aid and/or wilderness safety. The American Red Cross and most colleges offer courses in basic first aid and CPR, and there are other nonprofit agencies such as the Wilderness Education Association

(CSU, Fort Collins, CO 80523; 303-223-6252) that offer additional general and specialized training. In addition, there are several reputable manufacturers which sell prepared first aid kits, many designed specifically for the mountain biker.

Next time we'll tackle the topic of nutrition and how it applies to our beloved sport. Until then, learn what you can, enjoy the trails, and if you think of it... get yourself some good life insurance.

First Aid Principles: Severe Injury*

1. Check the scene for safety
2. If necessary, stabilize cervical spine
3. Insure an airway and breathing
4. Insure the heart is circulating blood
5. Stop any severe bleeding
6. Assume shock until proven otherwise
7. If in doubt, treat the worst possible injury

*Send for help/Plan an evacuation

First Aid Principles: Smaller Wounds*

1. Examine the injury
2. Control bleeding by direct pressure and elevation
3. Clean your hands
4. Clean the wound thoroughly
5. Cover wound with a sterile dressing and bandage
6. Splint a severely injured part
7. Watch for signs of shock from blood loss

* Send for help/Plan an evacuation if necessary

Contents of First Aid Kit

Assorted adhesive bandages
Wire mesh splint Tourniquet strap
Anesthetic wound cleaners
EMT shears
Latex gloves
Adhesive tape
Wound closures
Green soap sponge
ACE® bandage or Coban®
Oral re-hydration salts
Sunscreen SPF 30
5"x9" trauma dressing or Bloodstopper®
Acetaminophen tablets
Pepto-Bismol® tablets
Sterile gauze pads
Ibuprofen tablets
Triple antibiotic ointment
Sterile scrub brush
Diphenhydramine tablets
Hydrocortisone cream
2nd Skin® dressing
Pseudoephedrine tablets
Small first aid manual

A Brief Report on the Forest Recreation 2000 A Strategic Plan For Michigan's State Forest Recreation System (FRAC)

Michigan Department of Natural Resources

By Dennis Hansen, Mid Michigan Chapter President

As a result of a pattern of deteriorating resources for State Forests including, but not limited to, recreation facilities over the last 15 years, the State Legislature established the State Forest Recreation Advisory Committee (SFRAC) in 1991 to provide the Forest Management Division (FMD) with user input for long range recreation planning in the State Forests. Made up of over 15 members from all recreational pursuits and forest user-groups and the wood products industry as well as DNR staff from all divisions. (I was selected as one of several members, including June Thaden and George Lombard, both cyclists (including mountain biking) from Traverse City, to represent non-motorized trail users. Dwain Abramowski (our Executive Director) is becoming a member as well.

One of the major issues facing the FMD is funding. As the State Legislature continues to take money from the DNR, maintaining a viable Division becomes increasingly difficult. This problem is accurately critical in the recreation mission of the FMD. To assist them to find ways to generate revenue to re-establish recreational facilities while maintaining the environmental and aesthetic aspects of the State Forests Funding Background

Though the State Forest (SF) contains 3.9 million acres (the largest in the nation) or 15 times larger than state park system, they receive only \$1/acre of state funding as opposed to \$2-3/ acre for National Forests and \$100/acre for Michigan State Parks.

Though the SF includes over 125 campgrounds, they are "maintained" with the same funding level that existed in 1979. Though 1/3 of the campgrounds have been closed since 1979, that still is insufficient to make up the difference since inflation has taken away

over 50% of the 1979 purchasing power, while their management responsibilities have been expanded. And that is only one aspect of the funding shortfall.

The FMD receives no gas tax to maintain over 7,500 miles of state forest roads. Thousands of miles of non-motorized trails are provided to the public for no charge including groomed cross country ski trails. ORV and snowmobile trail users provide significant funding to maintain trails, however income still falls short of expenditures. No funding is provided to keep clean the 7,500 miles of roadsides and 3.9 million acres that are increasingly being used as illegal dumps by people unwilling or unable to pay the landfill fees or towing charges to properly dispose of everything from common household rubbish to furniture and junk cars and commercial debris. And the list continues.....

To correct this funding shortfall and re-establish the State Forest system to a high level of quality the Forest Recreation 2000 Plan includes:

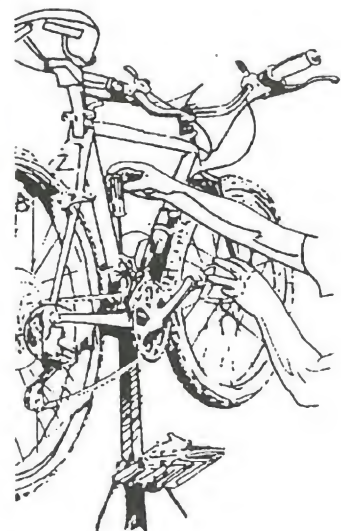
1. Forming DNR Recreation committee
2. Recreation Bond Program
3. A legislative commitment to DNR personnel
4. A partnership between user and government
5. A marketing program directed at Forest Recreation

For mountain bikers, this plan is significant in that recreation is given EQUAL status with wood production. Trail development and trail maintenance will be a integral part of the recreation plan. For the first time, mountain biking is specifically included as an approved use of the non-motorized trails in the state forests. But the plan is not a free ride.... it includes a fee for use of the 1,100 miles of non-motorized trails. Though not determined at this time, an annual trail pass is one option that is being considered. What form this trail

pass takes has not been determined, nor has the amount of the pass been established. No one wants additional taxes, and make no mistake this fee is an additional tax. However, as tax dollars continue to be spent on social services and prisons at an ever increasing rate, with no relief in sight, if we want trails in the state forest, we are going to have to fund them, at least to some extent. Since the snowmobilers and ORV users have been funding their sports for years, we non-motorized trail users have come under increasing pressure from them and others for getting a "free ride" for so many years.

It's time that help pay for our sport. The advantage to a user fee, is that we would be able to expect a certain level of quality of trail condition and that the FMD would have to be accountable for providing a quality trail network. Now we can't demand anything, since we don't pay anything directly for trail improvements or maintenance in the State Forests..

What do you think? Let me or Dwain know your thoughts. I can be reached at: 517-349-4683 or Hansen@msu.edu.com or 1801 Birchwood Drive, Okemos, MI 48864. To contact Dwain call 616-785-0120 or E-mail: Go MMBA@AOL.Com.



Some are masters at caring for your bike... MMBA volunteers, are just as skillful in caring for the trails you ride-Thank you MMBA Volunteers!

1995 Michigan Mountain Biking Association General Event Calendar

May

5 Friday Night Ride - Pinckney Recreation Area - Silver Lake Beach parking lot at 6:30pm

June

16 Friday Night Ride - see May 5
17 Pine Haven Recreation Area trail maintenance- Midland 517-631-2608
18 Pontiac Lake Recreation Area Time Trial
23 Friday Night Ride - see May 5
30 Friday Night Ride - see May 5

July

2 Retro Ranch Kup - Middleville (SE of Grand Rapids)
7 Friday Night Ride - see May 5
8 Yankee Springs Recreation Area trail maintenance - 10am 616-455-9469/459-2449
9 Kandahar Kup - Fenton
9 North Country Trail ride at M-20. Call Beth 616-363-8393
14 Friday Night Ride - see May 5
16 Pando Challenge - Rockford
20 NORBA Nationals - Schuss Mountain
21 Friday Night Ride - see May 5
21 NORBA Nationals
22 NORBA Nationals
23 NORBA Nationals
28 Friday Night Ride - see May 5
30 Pontiac Lake Recreation Area Time Trial

August

4 Friday Night Ride - see May 5
6 Ithaca Challenge
11 Friday Night Ride - see May 5
12 Vasa Trail Ride Call Marty 616-774-0140

13 Ruby Tree Farm Challenge - Port Huron
18 Friday Night Ride - see May 5
19 Cannonsburg State Game Area trail maintenance 616-455-9460/459-2449/949-2658
20 Kandahar Kup - Fenton
25 Friday Night Ride - see May 5
27 Retro Ranch Cross Country - Middleville (SE of Grand Rapids)

September

1 Friday Night Ride - see May 5
3 Garland Hammer - Lewiston
8 Friday Night Ride - see May 5
9 Fort Custer Recreation Area trail maintenance 616-323-3176
9 Carry Nation Backroad Mountain Bike Tour- Holly 810-634-5820
Holly/Flint Chapter fund raiser
9 Pontiac Lake Ride (West Michigan Chapter) Call Marty 616-774-0140
10 Fort Custer Little Big Race
15 Friday Night Ride - see May 5
15 Riding ends at Cannonsburg State Game Area until Jan 31st.
17 Mike Cool Memorial Big Lap Challenge - LeRoy
22 Friday Night Ride - see May 5
24 Addison Oaks Fall Classic
29 Friday Night Ride - see May 5
29 Graves Crossing camping trip through Oct. 1st(West Michigan Chapter)
616-455-9460

October

1 Boyne Challenge State Championship
8 Schuss Mountain Kup
14 Friends of Poto Festival '95 313-878-6026
15 Friends of Poto Festival continued
15 Retro Ranch Cross Country - Middleville
22 Cannonsburg Challenge
29 Whiskey Creek Fall Classic - Ludington

November

4 Iceman Cometh - Traverse City

Event Calendar/Send updated information to Exec. Dir. Dwain Abramowski P.O. Box 29, Belmont MI 49306 or E-mail: Go MMBA@AOL.Com.

Free Stuff! See Page 6 Now!

MICHIGANDER IV

The tour will utilize abandoned rail trails for most of the trip From South Haven to Bay City passing through Kalamazoo, Middleville, Grand Rapids, Howard City, Reed City, and Clare. The terrain is generally flat although some days include gently rolling hills. The tour passes thorough many small towns. All riders will receive maps, and the route will be well marked. Their will be a Kal-Haven weekend and a Six-day ride. For more information contact: Rails-to-Trails conservancy, 913 W. Holmes, Suite 145 Lansing Michigan, 48910 or call: 517-393-6022.

Sugar Loaf Mountain- The Jimmie Heuga Center has announced that Sugar Loaf resort in Cedar, MI will be the Midwest site of the Jimmie Heuga Mtn. Bike Express. Other race sites include Vail, Squaw Valley, Telluride and other top resorts.

The emphasis will be put on participation. The event will feature a scenic 9.3 mile ride through some of Leelanau County's most beautiful country side. There will be team and individual awards. Funds raised will help those with multiple sclerosis (MS).The top individuals and teams at the Sugar Loaf event could win an all expense paid trip to Vail, Colorado for the national finals. There will even be a special race for children, a cross country/obstacle course and a downhill slalom race. For more info call: 616-228-skis.

MMBA MISSION STATEMENT

To promote responsible mountain biking and to work toward the goals of common land access and natural resource protection through interaction with policy makers, the cycling industry, race promoters, mountain bikers and other trail users.

Classified Ads

Got something to sell - MMBA members can place free ads in the BRB. Things that you've tried to sell a number of times and just could not find the right people in your neighborhood to take an interest, the BRB might just be the place, over 1,700 copies are printed and sent to mountain bikers and interested individuals all around the state and region. To place an ad in the Sept./Oct. issue of the BRB just mail the info to MMBA Editorial/Class ad, P.O. Box 29 Belmont MI 49306.

"Hello Mudder - Hello Fadder...here I am at Camp..."Is This Cool or What!

Camp Available to Rent: (Northern Chapter MMBA benefit) Rustic residential camp nestled in wooded lakefront setting in the heart of beautiful Northern Michigan biking trails. Accommodates groups of 25 to 75 people for overnight functions or groups of up to 250 for daily functions. Facilities include: 12 clean cabins with new wooden bunks, **new bathroom/shower facility, large kitchen with attached dining hall, lodge with fireplace**, 60 x 100 multi-activity court, activity field, beach front with canoes and paddle boats, and hiking/biking trails on property. **Local MMBA chapter members are available for guided rides on the following nearby trails: North Country Trail, VASA Trail, Cadillac Pathway and Mackenzie Trail.** Camp Torenta is available to rent during the following dates: July 1-5, August 17-31 and September 1995 through Mid-May 1996. Contact Dan Shankland at the Cadillac community School Program, 221 Granite Street Cadillac MI 49061, 616-779-9380

Kids Fat Tire Bike: 15" Frame, Shimano Derailers, 48t, 38t & 28t chainrings, cantilever brakes, 24"x2" tires on aluminum wheels. Well maintained/COOL! \$165.00 (810)231-1601 evenings Pinckney area.

Trek 8700 Carbon: XT CRANKS, XTR REAR, RINGLE' MOBY, SUPER BUBBA, SUPER 89, ONZA CLIPLESS, RITCHY ROCK 395 F/R, MARZOCCHI XC 500, MAGIC DART & SMOKE, X-RAY GRIPSHIP, TI SEAT, CONTROL-TECH STEM & BAR, DIA-COMP PC8 LEVERS, 24LBS \$950.00 ASK FOR DAVE (313) 464-6038

A Tribute To The Female Mountain Biker

By Joe Faber

Splashed with mud from head to toe
A big smile on her face
The suspension geared to go
Down the trail at a fast pace.

A mountain bike woman
Flying by without a blink
an endangered species
and it makes you think

In an adrenaline sport
almost overrun by males
they are rarely to be seen
out there on the trails

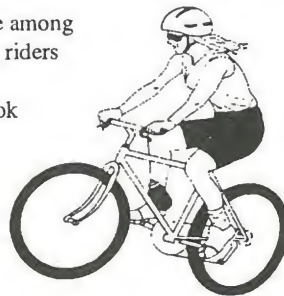
Unbelievable
but it is true
where are the woman
where are you

The sport would greatly profit
from more female insiders
it would improve the climate among
bikers, hikers and horseback riders

So take your bike off the hook
gear up, get out and ride
train hard, train smart
endurance is on your side

Show us guys out there
how powerful you can be
we will admire your success
you will see

You're a mountain bike
woman
I wish there would be more
of you
be proud of yourself
may my dreams come true



Trail Atlas of Michigan* By Dennis R. Hansen
PRICE GOOD ONLY FOR CURRENT MICHIGAN MOUNTAIN BIKING ASSOCIATION MEMBERS!
Send \$25.39 (Includes tax and handling) to:
Hansen Publishing Company, 1801 Birchwood Drive, Okemos, MI 48864
PLEASE PRINT!!!!
NAME: _____
ADDRESS: _____
CITY: _____
STATE: _____ ZIP: _____
DATE: _____ Phone () _____
MICHIGAN MOUNTAIN BIKING ASSOCIATION CHAPTER _____
*MMBA price good for only one copy of Atlas: Remit \$25.39 Non-MMBA Price \$28.57 (save over \$3.00 plus \$2.00 per MMBA member book sold will be donated to the MMBA)
Renewal Date: _____



Dennis R Hansen, author of the *Michigan Cross Country Skiing Atlas* and *Michigan Trail Atlas*, and President of the Mid-Michigan Chapter of the MMBA is offering a deal to MMBA members:

Trail Atlas of Michigan

Hiking, Cross Country Skiing, Mountain Biking, Nature Trails -

With over 530 trails included in this 600 page atlas, every corner of Michigan is covered. Retail Price(Tax&S&H): \$28.57 **THE GOOD NEWS:** MMBA MEMBERS get a 10% discount with no shipping /handling charge, making the book **\$25.39** and **\$2.00** per copy of the MMBA member price is donated back to the MMBA for trail related activities! This is the definitive book on trails.

Want a Free
"Cool Tool"?
See page 6 to
get yours
now!

New members
mean
progress for
the MMBA-
and nifty
stuff for you!

Important Trail
Information -
Mountain Bikers May
Lose Access to 3,000
Miles Of Trail! Almost
a Thousand Of It -
Here In
Michigan.
See page 3 now!

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Waterford, MI 48328

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Belmont, MI 49306

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FARMINGTON MI 48336-4911



"You are never given a wish, without the power to make it
come true-you may have to work at it however, work at it
very hard." Bach

Address Correction Requested